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Central Valley Harvest Bake

by Joshua Cowell School, Manteca, CA

This succulent side dish combines the sweetness of fresh butternut squash with the spicy kick of jalapeno and red peppers. Black beans, red quinoa, and granola add a striking contrast of flavor and texture to make this an outstanding accompaniment to a variety of entrees. This side dish is absolutely delicious!



Ingredients

makes 6 servings

1½ lbs of butternut squash, fresh, raw, cubed
 1½ Tbsp of red quinoa, cooked
 2½ Tbsp of onion, red, raw, diced
 1½ Tbsp of red bell pepper, chopped
 1¼ tsp of jalapeno pepper, fresh, chopped
 5 Tbsp of applesauce, canned

5 Tbsp of black beans, canned, rinsed, drained
 2 Tbsp of lime juice, freshly squeezed
 1¼ tsp of extra virgin olive oil
 3½ tsp of oregano, fresh
 ¼ cup of low-fat granola
 ½ tsp of salt

Nutrition Facts	
Serving size: 1/2 cup	
Amount Per Serving	
Calories	153
From Fat	17%
From Saturated Fat	2%
From Sugar	16%
Sodium	124mg

Preparation

Oven roast squash in oil for 30 minutes at 350 degrees. Clean and dice onions and both peppers, then place in a mixing bowl and toss with olive oil. Place pan liner on a sheet pan and spread vegetables on top. Roast at 350 degrees until tender (approx. 10 minutes). (The diced vegetables brown quickly and it is important that they do not darken too much.) While they roast, prep quinoa according to package directions. Then, in a large bowl, combine and fold in squash, beans, oregano, quinoa, lime juice, applesauce, and salt. Add roasted onion and both peppers to mixture and fold together. (It is important to distribute all ingredients for best results.) Coat a 6" x 6" baking dish with non-stick cooking spray and spread evenly. Place the mixture into the dish and press the top gently to pack vegetable mixture. Sprinkle granola evenly over the top of the vegetable mixture. Bake at 350 degrees for approximately 30 minutes or until granola is lightly browned. Serve in ½-cup servings as a side dish and ENJOY!!